



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Substance use can negatively affect decision-making, including decisions around sexual practices. Drugs or alcohol should not be a part of the equation when engaging in sexual activity so you can protect your and your partner's health and safety. The Navy and Marine Corps Public Health Center's Sexual Health Month toolbox has resources to learn more about protecting your sexual health. Find it at go.usa.gov/xEGJ9.
2. The current COVID-19 pandemic may be causing stress and anxiety and putting a strain on your relationships. Military OneSource has information for service members and their families that addresses issues from dealing with cabin fever to understanding travel restrictions. Find it at militaryonesource.mil/coronavirus.
3. April is Alcohol Awareness Month. Combining alcohol with certain prescription and even over-the-counter medications can cause harmful side effects such as respiratory distress, impaired kidney function and liver problems. Stay safe and protect your health by avoiding alcoholic beverages while taking medications, whether prescription or over-the-counter.
4. The current COVID-19 pandemic is causing some changes to the drug program. Stay up to date by checking out www.ddd.navy.mil.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

COVID-19: Program Changes and Updates

The following are important updates and news specific to the drug program that have occurred due to COVID-19.

NAVMIN 092/20 Outlines Temporary Changes to the Urinalysis Program

As outlined in [NAVMIN](#)

092/20, random urinalysis specimen collection will continue during this time, but commands should do so to the greatest extent possible while exercising any necessary flexibility. This may include pausing collection and/or reducing collection percentages or days; however, all command-directed, probable cause, mishap investigations and rehabilitation testing will continue. To mitigate COVID-19, no more than ten people (including the UPC and observer) should be present while conducting testing, and Sailors will maintain a distance of six feet while adhering to collection procedures outlined in OPNAVINST 5350.4D.

The UPC will not handle a Sailor's specimen bottle after it has been in the Sailor's possession/control. Sailors will tighten the lids securely to avoid cross contamination, adhere labels, affix security tape on the bottle and place it in a secondary container with absorbent materials under the observation and direction of the UPC. Sailors should use their own pen to sign and initial during the process.

Commands shall not recall individuals who are sick, restricted in movement (ROM), quarantined or self-monitoring and should not recall individuals who are teleworking or in a non-duty status to provide a specimen. Sailors assigned to non-Navy activities will follow the policy of that activity.

For additional information or questions, contact Ms. LaNorfeia Parker, OPNAV N170D, at (901) 874-4249, DSN 882 or lanorfeia.parker@navy.mil.

Collection Kit Shipment Delays

Alphapointe, the distribution company for our collection kit supplies advised that some sites may experience a delay in receiving new kits because their shipping labels contain the word "urine." Some common shippers are now rejecting and returning these packages, seemingly due to new protocols related to the COVID-19 pandemic. Alphapointe is in the process of changing shipping labels to remove the word "urine," and assessing the returns (e.g., checking for damage, completeness, etc.). ALL returned products will be reshipped to the original sender. Please exercise patience while awaiting any overdue shipments.



Navy Drug Detection and Deterrence News

Substances and Sexual Health

Sexual health is a topic that grabs our attention. People often seek easy fixes to improve their sexual function like supplements promising to enhance your sex life. Instead of turning to these potentially unsafe supplements, we can instead examine our daily activities and lifestyle choices — from the amount of physical activity we engage in to the kind of diet we maintain — and work on improving those to improve our sexual health. Substance use is one of those choices that is an important factor in sexual health. Prescription drugs, over-the-counter (OTC) medications, tobacco and nicotine and alcohol can all have an effect on sexual health.

The Cleveland Clinic has found that as many as 52 percent of men experience erectile dysfunction (ED), and a 2013 **study** from *The Journal of Sexual Medicine* revealed that around one in four men who seek help for ED are under 40. The younger men in the study weighed less, had higher blood levels of testosterone and had fewer medical conditions than their older counterparts; however, they were more likely to smoke cigarettes or use illegal drugs.

Even seemingly safe medications such as blood pressure medications, antidepressants, muscle relaxers, heartburn medications, antihistamines and even OTC ibuprofen can affect sexual functioning in men. According to a 2016 **study** in the journal *Clinical Endocrinology*, opioids like oxycodone (OxyContin) and hydrocodone (Vicodin) can decrease testosterone to “near-castrate” levels, which lowers libido, impacts mood and affects body fat composition.

Women can also experience sexual dysfunction from medications including blood pressure treatments, antihistamines, antipsychotics, antidepressants, benzodiazepines and antiepileptic medications. Fluctuating hormone levels, which may occur during perimenopause and menopause, after childbirth and after cancer treatment can also interfere with sexual function.

Improving overall health can improve sexual function and should be the priority over seeking a medication to do so. Regular exercise can help manage stress and improve cardiovascular health—both of which are important components in sexual function. Reducing alcohol use and quitting smoking can often reduce ED, according to a 2015 **analysis** of 13 studies on sexual performance. Finally, consider the medications you take. Your doctor can advise on alternatives or on adjusting dosages. In some cases, testosterone replacement therapy may be needed for men on opioid treatment.

Like many aspects of our health and wellbeing, sexual relationships are often impacted by emotional and psychological issues. Counseling helps address many of those issues, such as depression, PTSD and others, and it can be a great way to process any anxiety, guilt, body image issues, communication difficulties and other impediments to enjoying a healthy sex life.

Current and Upcoming Events

Due to the current COVID-19 outbreak, Navy Drug Detection and Deterrence webinars have been postponed until further notice.

Please check the web page for updates at www.ddd.navy.mil.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil.

NMCPHC Sexual Health Month

April

Find the toolbox at go.usa.gov/xEGJ9.

Prescription Drug Take Back Day POSTPOSED

Get updates at go.usa.gov/xEAMy.

Alcohol Awareness Month Month of the Military Child April

Child Abuse Prevention Month

April is National Child Abuse Prevention Month. This year's theme is "Strong & Thriving Families." In 2018, over four million reports were made to child protective services concerning the safety and wellbeing of almost eight million children. Last year, around 678,000 US children were found to be victims of abuse or neglect. This month and all year, we encourage individuals and organizations to work to make communities a better place for children and families. Planting blue pinwheel gardens throughout April is a visible commitment to children in communities nationwide.

Volunteering as a mentor for the Drug Education For Youth (DEFY) Program can also make a difference for children. DEFY provides life skills and activities for children between ages nine and 12. For more information, call the DEFY program office at 901-874-3300, visit www.DEFY.navy.mil or check out the **DEFY Facebook** page.

For more information about National Child Abuse Prevention Month, visit childwelfare.gov or preventchildabuse.org.

